VA. FIBRE REPORTS WEEKLY WOOD PURCHASES

The total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending July 31, 1978 is listed below. Purchases are listed by counties.

Albermarle	6,227.85
Amelia	1,958.49
Amherst	2,502.77
Appomattox	15,647.79
Bedford County	3,007.23
Buckingham	11,609.62
Campbell	7,784.08
Charlotte	4,959.64
Cumberland	2,568.95
	359.20
Goochland	2,165.24
Louisa	239.83
Mecklenburg	
Nelson	4,693.76
Pittsylvania	1,284.24
Prince Edward	9,063.74
Prince William	531.60
Rockbridge	923.10
Total	75,527.13

We feel the above information will be of interest to our readers in Appomattox County and in adjoining counties as well.

Eating Well

By Mrs. Barbara L. Morland, R.D., Ph.D.
State Nutrition Consultant
Va. Dept. of Health

Breakfast Is Important

Many doctors and nutritionists consider breakfast to be the most important meal of the day. It is regarded as the most important because it breaks the fast from supper the night before. If you were to eat your supper at 8 p.m., and your breakfast the next day at 7 a.m., it would mean that you had gone eleven hours without eating.

The Iowa Breakfast Studies were begun in the late 1940's. Seventy males and females, ranging in age from 12 to 83 were tested for nearly six years. All of the participants ate carefully controlled meals. They either ate a variety of foods for breakfast, or none at all. Blood tests and specially designed equipment tested how well their bodies functioned when they were given specific tasks to perform.

The results of the Iowa Breakfast Studies showed that a person who eats a good breakfast can do more mental and physical work in the late morning hours than the person who eats a poor breakfast. The person who eats a good breakfast is also quicker in his actions and does not tire as easily as those who have eaten a poor breakfast.

There are people who do not eat breakfast because they believe that it will help them to lose weight. The Iowa Breakfast Study showed that the opposite is true. The people who skipped breakfast usually became so hungry by midmorning that they ate more high calorie foods and thus tended to gain weight.

A good breakfast includes foods from the Basic Four Food Groups (Dairy Products, Meat, Fruits and Vegetables, and Breads and Cereals). If a person gets tired of the usual breakfast menu of eggs, bacon, toast, milk and juice, he can always try fishcakes, a peanut-butter or grilled-cheese sandwich or a milkshake with an egg in it. You might want to try other favorites such as grits, soup, rice, potatoes or fried chicken.

DIAL GOOD NEWS
352-7900

"Will the firemen EVER come!"

Don't find yourself with a $40,000 fire and $20,000 insurance. With 'full value' fire insurance your policy from the Scott Insurance will pay, not the 'depreciated' value, but the full replacement cost of rebuilding. Be safe - have your insurance raised to full value now.

Scott Insurance
BRYANT & BRANCH BLDG.
RT. 460 APPOMATTOX, VA.
ANN M. REYNOLDS, AGENT
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KING'S FIRST FOR SUPER VALUES!
Store Hours: Mon. - Sat. 8 A.M. - 9 P.M. - Sunday 10 A.M. - 7 P.M.
S&H GREEN STAMPS
KING'S
"To Us--You're Special"
Grocery Values!
5¢ OFF LABEL. . . BLEACH
CLOROX
LIMIT 2 WITH $7.50 PURCHASE
GAL. 59¢
CRISCO
SHORTENING
3-lb. CAN $1.69
SHOWBOAT
Pork 'N Beans
4 14½-oz. CANS 88¢
BUNKER HILL
BEEF STEW
24-oz. CAN 89¢
Meat Values
Swift Premium Proten BEEF
BONELESS MIAMI
ROAST ..... lb. $1.49
LEAN & TENDER CUBES OF BEEF. . .
KABOBS .... lb. $1.99
SMITHFIELD MEAT
FRANKS 12-oz. PKG. 89¢
OSCAR MAYER ROUND, SQUARE, BEEF
Variety Pak 12-oz. PKG. $1.69
GUNNOE'S HOT OR MILD
Sausage ... 1-lb. PKG. $1.39
CUBE STEAK $1.79 lb.
Frozen Food & Dairy
Cook's Corner
ALL NATURAL INGREDIENTS
16-oz. PKG. 99¢ • No Additives • No Preservatives • No Artificial Colors or Flavors
Triangle Plaza
Shopping Center
Appomattox, Va.
GROUND BEEF
lb. 99¢
SLICED BACON
JAMESTOWN
1-lb. PKG. 99¢
BEEF CHUNKS
BUNKER HILL WITH GRAVY
15-oz. CAN 89¢
LIMIT 2 WITH $7.50 OR MORE PURCHASE EXCLUDING BONUS FEATURES
Hunt's Ketchup
26-oz. BOT. 48¢
LIMIT 2 WITH $7.50 OR MORE PURCHASE EXCLUDING BONUS FEATURES
GREAT GROCERY VALUES!
RICHFOOD FROZEN
Orange JUICE
LIMIT 2 WITH $7.50 PURCHASE
2 12-oz. CANS 98¢
MERICO DINNER
BIOSCUITS
SAVE 81¢
4 12-oz. CANS 99¢
Pleasing Produce
FRESH TENDER
Yellow Corn EAR 9¢
FANCY VA. GROWN TREE RIPENED
Nectarines 3 lbs. $1.00
US NO.1 POTATOES
EASTERN GROWN ROUND WHITE
10-lb. BAG 99¢
FRESH CELERY
CRISP CALIFORNIA STALK 49¢
LIBBY'S DEEP
Brown Beans 4 14-oz. CANS 98¢
OLD VIRGINIA
APPLE JUICE ... QT. BOT. 59¢
GOLD MEDAL SELF RISING OR
PLAIN FLOUR .... 5-lb. BAG 89¢
SAUER'S
Black Pepper ..... 4-oz. CAN 89¢
DIET RITE COLA OR (PLUS DEPOSIT)
RC COLA ..... 8 PT. BOTS. 89¢
GAIN
DETERGENT ..... 49-oz. BOX $1.09
Bakery Values
GOLDEN POUND CAKE
EA. $1.59
Chocolate Fudge Pecan Cake
EA. $2.49
KAISER ROLLS
6 FOR 89¢
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TIMES-VIRGINIAN

AUG 17 1978

A LIVELY WEEKLY NEWSPAPER AT HISTORIC APPOMATTOX COURT HOUSE, VIRGINIA

1 SECTION - 16 PAGES

VOLUME 87 - NUMBER 33 APPOMATTOX, (VA) - TIMES-VIRGINIAN, AUGUST 17, 1978 SINGLE COPY PRICE 15¢

Father Darkleaf

BY CALVIN ROBINSON

Evidence that we have had a great growing season was manifest by what must have been record crowds at our community cannery. I do not recall ever seeing as many people and cars at the cannery as were there when I drove by Monday morning. Appomattox will be well fed this winter. And I note large woodpiles at many homes, fuel oil trucks making deliveries, and general evidence that August heat does not cause us to overlook that desire to be prepared for whatever weather may be ahead.

• • •

Severe weather conditions have prevailed in many parts of the nation, but Appomattox has fared very well. As of this writing, for example, there has been no Hail on Martha Street. When what looks like it might be a severe storm cloud appears on the horizon, some dash out to close the car windows, others to bring in the wash off the clothes line or make other preparations. But many a farmer dreads that the storm may let loose a downpour of hail. Prospects continue good for fine harvests and good markets.

• • •

Late August brings on that hopeful look in the eyes of football fans. ACHS will have a preseason scrimmage with Fluvanna this week end. The Redskins may have some new faces this year, but I note that in a pre-season game, veteran Mike Bregg, who did his college playing at University of Richmond, got off some 50-yard punts. Most coaches prefer to be cautious in making predictions, but fans expect winners.

• • •

Ah yes, Late August. Used to be the time when ice was mighty low in the ice house. Iced tea and homemade ice cream only on Sunday or when important guests arrived. And late August was time for the county fair.

• • •

Thanks for some lucious yellow tomatoes given to me, as well as some reds. This week my notoriously poor garden yielded up two decorative gourds and three giads. And if all goes well, I just might have some figs ere the frost is on your pumpkin.

• • •

Someone has suggested a good way to pass your time when you cannot go to sleep at night. Bible verses, by the alphabet. Repeat a verse starting with the letter A (("And God said . . ."); B (B"Blessed are the pure in heart") C ("Come unto Me all ye that are weary and heavy laden), and chances are you will be asleep before you get to X, Y and Z.

• • •

It so happened that I was reading Volume III of Leopold Von Ranke's History of the Popes at the time of the passing of Pope Paul VI. Such Popes as Urban VIII, Gregory XIV, Clement VIII, Innocent X, Alexander VII, Benedict XIV, etc. Church records always pack a lot of history for their readers. For many periods of history church records are our most reliable source.

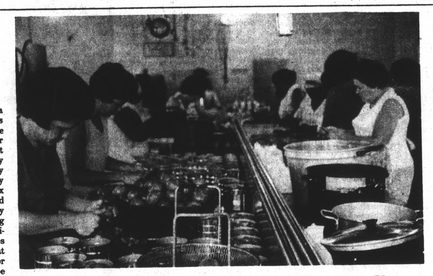
• • •

Newspaper advertising is big business, as wise firms use this reliable media. Nationwide, over twelve billion dollars a year is spent for newspaper advertising, over three billion of it for Classified Ads.

Back in 1749, Sir Gilbert Blaine, a Scottish doctor, prescribed lime juice for British sailors, to prevent scurvy. To this day, British sailors are called "Limeys." As for me, a favorite dessert is a dip of vanilla ice cream in a glass of lime juice.

• • •

Seems to me there is more traffic this season than ever into and through Appomattox. Indeed, Appomattox is a growing town. Thanks for reading, and seeya next week.



Appomattox County Canneries Have Best Year Yet

Mass production? something like it. Here, home gardeners are shown diligently at work in the cannery preserving the fruits of their labors.

This year the Appomattox and Pamplin canneries have processed a record amount, already surpassing the total of 20,490 cans for all of last year's season.

Both the Appomattox and the Pamplin cannery opened July 1, 1978 and will close in December when schools close for Christmas. During the time the canneries are open, people make preserves, vegetable soups and stews, can meat, render lard, can beef and pork in the Fall, make apple butter, blanch corn, beans and other vegetables for freezing and many other things. Besides Appomattox County residents, people come here from Charlotte, Campbell, Buckingham, Nelson, Amherst and Prince Edward Counties to use these facilities.

Town Receives EPA Grant

An Inflow and Infiltration Sewer System Evaluation Survey, mandated by the Environmental Protection Agency, is now underway in the Town and County of Appomattox.

The Town of Appomattox has received an EPA grant in the amount of $27,500 for the study.

Bill Britton, Town Manager, would like to make citizens aware of the fact that "smoke testing," associated with the I & I Survey Analysis, will be done on this phase of the project during the week of September 11 - September 15, 1978.

For any information on the I & I study or the smoke testing, please contact Bill Britton at the Appomattox Town Office. More information regarding the "smoke testing" will be given through the TIMES-VIRGINIAN prior to the testing.

A Public Hearing was held Monday evening prior to the regular meeting of the Appomattox Town Council as required by the Appomattox Town Zoning Ordinance to hear a request from M. C. B. Tillery to open a Public Recreation Business/Health Spa in Business District B-1.

Following the Public Hearing, council approved the request. Tillery told council members that his plans are to open the business by September 1, 1978 in the Appomattox Hardware Company building formerly occupied by the V.P.I. & S.U. Extension Service.

In other business, council approved payment of $7,862.85 to T. E. Brown Construction Company, Inc. for the Lee Street project. Payment in the amount of $2,599.91 to Central Virginia Planning District Commission for work done on the Appomattox Comprehensive Plan was also approved at the Monday night meeting.

Town Manager Britton re-

Continued on Page 2

FIRST TIME DONORS — On May 30, 1978 there were five first time blood donors at the visit of the Red Cross Bloodmobile in Appomattox. They were, left to right, Wanda Simpson, Mary Frances Dyess and Bessie A. Motley; and not available for photo were Kathy Marshall and Agnes B. Erwin. It's a good feeling to know you are helping to save a life when you donate blood. Just ask one of our first timers and they will also tell you how easy it is to donate.

Bloodmobile Visit Scheduled

An all out effort is needed to get Appomattox County back on the 100% list of counties reaching or surpassing their quota for the number of units of blood donated to the American Red Cross Blood Services.

The Bloodmobile will make its first visit of the new fiscal year to Appomattox on Tuesday, August 29th, and will be set up at Liberty Baptist Church from noon until 6 p.m.

There are some requirements for donating blood that we feel may be of help to blood donors, especially first time donors. There are two reasons for having requirements which blood donors must meet - one, to protect your health as a blood donor; and, two, to provide a safe unit of blood for the patient who will receive your blood.

The following conditions would eliminate you as a blood donor either temporarily or permanently. If you have a question, please consult the nurse at the Bloodmobile on August 29th.

1. If you are under 17 years of age. (17 year olds do not need parental consent.) 2. If you have had your 56th birthday, you may donate blood only if you have the written consent of your personal physician dated within two weeks of the date you will donate. 3. If you weigh

Continued on Page 2

VEC PLANS RECRUITMENT DRIVE FOR JOB CORPS

The Virginia Employment Commission has announced that a concentrated recruitment drive will be conducted for the Old Dominion Job Corps Center which is located in Monroe, Virginia, at the site of the former Father Judge Seminary. The Old Dominion Center is scheduled to open August 30, 1978 with an initial enrollment of 25 young women.

Weekly enrollment will continue until the capacity of 120 women has been attained. The special recruitment drive will be concentrated in the counties and cities of Central Virginia during the week of August 21 through August 25, 1978. VEC Job Corps staff will use a mobile unit which will be stationed at various locations and times.

The unit will be stationed in Appomattox County Thursday, August 24, at Triangle Plaza Shopping Center from 9:30 a.m. to 5 p.m.

Job Corps was created to help disadvantaged youth obtain vocational training and further their education. Old Dominion was established specifically to enable Virginia youth to receive needed training closer to their home environment. Course offerings include: clerical, typing, bookkeeping, physical therapy, culinary arts, and cook's helper.

Those persons interested in learning more about the Job Corps Program should visit the VEC Mobile Unit

MASONIC MEETING

A called meeting will be held at Monroe Masonic Lodge, Appomattox on August 23, 1978 at 7:30 p.m. for work in the E. A. Degree.

Master Masons invited to attend.

Sub-Committee Outlines Plans, Opposes Changes In Current Marijuana Laws

At a meeting Monday night, August 14, 1978, twenty-six persons present at the Drug Abuse Sub-Committee planning session unanimously voted to oppose any revisions in current marijuana laws.

Roland B. Murphy, Chairman of the Sub-Committee, at the request of Appomattox County Commonwealths Attorney, William S. Kerr, who was unable to be present, read a memorandum addressed to Comonwealths Attorneys from Lewis W. Hurst, Executive Director of the Virginia State Crime Commission, about a public hearing in the Roanoke City Hall Building August 28, 1978 at 10 a.m. The joint House and Senate legislative committee is conducting a series of public hearings on the possibility of revising Virginia's marijuana laws.

The Committee will be dealing with such issues as penalties for distribution, penalties for possession, testing by the Division of Consolidated Laboratories and medical aspects of marijuana usage.

The Drug Education Sub-Committee passed a resolution opposing any revisions in current marijuana laws until further evidence is found about its effect on the human body.

The resolution will be presented at the public hearing on August 28th by a member of the Sub-Committee.

The Sub-Committee also proposed a series of three public meetings, one in September, one in October, and one in November of 1978 dealing with educating and informing parents about various aspects of drug abuse. These programs will be geared toward helping parents recognize different kinds of illicit drugs, symptoms of drug abuse and methods of dealing with the drug abuser, including alcohol use/abuse.

Material presented will also assist parents in helping children establish values and worthwhile goals in an effort to avoid becoming victims of drugs and the drug culture.

Members of the Sub-Committee are meeting Wednesday, August 16, 1978, to finalize plans and suitable dates for the meetings which will be publicised in the Times-Virginian and other forms of the news media.

Also present at the meeting was Ms. Nancy Evans, Director of Prevention of the Lynchburg Drug Ab use Services Hub, DASH; and Community Alcohol Services & Education, CASE, telephone 384-9240.

She briefly explained their program as it relates to drug abuse and said their services are available to Appomattox residents.

County Receives Check From Virginia Division of Forestry

At the Friday meeting of the Appomattox Board of Supervisors, Mr. Warner of the Virginia Division of Forestry presented Appomattox County a check in the amount of $12,313.93, representing one-fourth of the proceeds from the Appomattox - Buckingham County Forest.

The amount is approximately $7,000 under that received by the county last year.

W. R. Britton, Jr., special secretary to the board, reported on the uncertainty over the fate of local government employees hired under the federal Comprehensive Training and Employment Act.

Britton said the program seems safe until December 31, but after that time it is almost sure to be changed.

Congress is now debating the future of the program after the current act expires September 30th.

Britton said the program in its present form has been extended another three months. However, the House already has voted some major changes and reductions in the CETA program after that.

Appomattox County has 12 persons employed under the CETA program at this time.

In other matters, the Appomattox supervisors adopted a grievance procedure for all their employees.

Under legislation enacted this year, all local governments and constitutional officers with

Continued on Page 14

School Opening Set August 28 in Appomattox County

Appomattox County Public Schools will open on August 28 for the 1978-79 session.

Information on student fees, registration and opening day procedures is provided to assist parents and students in their plans for another school session.

Student Fees

All schools will be open on August 24 and 25 from 8:30 a.m. to 5:00 p.m. at which time parents may come to the schools to pay fees. Fees approved by the Appomattox County School Board are as follows:

Grades K-6: weekly reader, $1.25; accident insurance, $5.00; materials fee, $4.00; textbook rental, $12.00 K-2 and $13.00 for 3-6.

Grades 7-8: FFA 7th grade, $4.00; FFA 8th grade, $5.00; FHA, $2.75; towel service, $3.50; band supply, $3.00; physical education uniforms, girls $7.50, boys $4.75; materials fee, $4.00; accident insurance, $5.00; textbook rental, $15.00.

Grades 9-12: textbook rental, $4.00 per subject; library and supply fee, $1.50; SCA, $1.00; class fees, grades 9-11, $1.00; accident insurance, $5.00; art, $1.50; band supply, $4.00; band instrument rental, $10.00; distributive education,$7.50; Voc. Ag., $6.00; home economics, $7.00; physical education supply, $2.00; physical education uniforms, girls $7.50, boys $4.75; towel service, $3.50; typing supplies, $5.00; clerical-steno supplies, $7.00; each trade and industrial class, $5.00; chemistry lab book, $5.00; English workbook, 9th grade, $2.50; lock for physical education locker, $2.50.

Opening Day Procedures

Mr. Donald Armentrout, Appomattox County High School Principal, requests students to check the local paper for homeroom assignments. On August 28, students shall report to the cafeteria. At that time homeroom assignment will receive this information in the cafeteria. Once students have reported to assigned homerooms, teachers will provide student schedules. Students who drive to school are asked to park on the north parking lot.

According to Mrs. Hezteine Foster, Appomattox Middle School Principal, students will go to the cafeteria upon arrival at school. The SCA will provide guides to help students locate the cafeteria and homerooms. Homeroom rolls will be posted on classroom doors. Students will receive their class schedules from their homeroom teachers.

The SCA will provide guided tours of the school building to all seventh graders on Thursday, August 24 and Friday, August 25 from 8:30 a.m. to 5:00 p.m. On these days all students are urged to pay their fees and pick up their class schedules and homeroom assignments.

Mrs. Barbara Waddell, Pamplin Elementary School Principal, states that all kindergarten students will be met at the buses by adults and will be directed to their classrooms. Parents are requested to see that name tag showing child's name and bus number be pinned to each kindergarten student.

The principal of Appomattox Elementary School, Mr. Robert Williamson, has arranged for students, upon arrival at the elementary school, to be greeted by teachers, volunteers, or student guides. These persons will place a name tag on third grade students with the number of the student's bus. They will also direct each student to his respective homeroom. Class rolls will be posted on the doors of homeroom teachers.

Mrs. Patricia Torrence, Appomattox Primary School Principal, states that teacher aides and parent volunteers will meet students as they arrive on buses, pin the bus number on each student, and direct the students to their respective classrooms. Parents are requested to pin the name on the dress or shirt of each child to help with identification.

Other Information

Parents are requested to send their children to school on the bus the first day, especially primary and elementary pupils. This will enable the teachers to direct the pupils to the correct bus in the afternoon for the return trip home.

Parents can expect their children to bring home certain forms which you are requested to fill out and return to the school. It is necessary to have this information on file in the school office for each pupil.

Parents who have moved into the county during the summer who have children who will attend school this fall should go to the appropriate school or schools to register. The schools in the county and telephone numbers are: Pamplin Elementary School (348-6108), Appomattox County High School (352-7146), Appomattox Middle School (352-8357), Appomattox Elementary School (352-7483), and Appomattox Primary School (352-5766.).

All principals urge you to give them your cooperation regarding opening day procedures. The staffs are concerned about the safety and welfare of students as they make the trip to and from school each day, as well as the hours spent in school.

Board Prepares For New School Year

The Appomattox County School Board met in regular session on Thursday, August 10, 1978 at 7:00 p.m. in the School Board Office.

Business to come before the board was acted upon in the following manner:

Flav-O-Rich, Inc. and Sealtest were invited to submit bids at which the companies would supply milk to the school cafeterias for the 1978-79 session. Flav-O-Rich was the only company to submit a bid of .1089c per ½ pint container whole milk and .1189c per ½ pint container of chocolate milk. The Board accepted this bid.

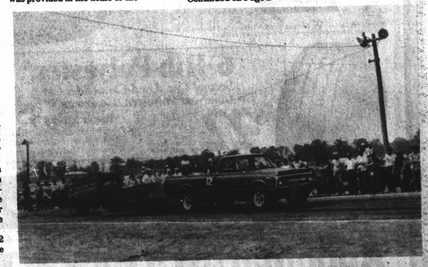
Each board member was given a copy of the pre-school conference program. The theme of the conference is "Basic Learning Skills, Minimum Competencies and Humanization of Instruction." On Friday, August 18 an orientation session is scheduled for teachers new to the system. On Monday, August 21 all teachers are scheduled to meet in a general session in the Appomattox County High School Auditorium. The School Board Chairman, Mr. J. B. Drinkard, Jr., will speak briefly to the group and members of the staff will discuss various aspects of the conference theme. In the afternoon teachers will participate in departmental activities.

The school board approved a center based program for pre-school handicapped children. In the past the program was provided in the home of the respective child. Under the new program children will come to the school and receive services in a center. The program will include parent involvement, small group activities and a toy lending service. The instructional specialists will have available the resources of the speech pathologist, teacher of the hearing impaired and personnel from the local health department, mental health clinic and the Child Development Clinic in Lynchburg. There are six children in the county who qualify to receive these services.

The school board reviewed the list of new teachers employed for the 1978-79 session. Twenty teachers have been employed and three positions are still vacant. Personnel approved by the board at this meeting were Billie S. Brightwell, Social Studies, Appomattox County High School; Eva S. Barbour, Art, Appomattox Elementary and Appomattox Middle Schools; Patricia H. Foster, Business, Appomattox County High School; Wilma J. Kendall, Kindergarten, Appomattox Primary School; James F. Crawford, Health and PE, Appomattox Middle School; Patricia L. Hudson, Home Economics, Appomattox Middle School and Ruth Anne Garrett, Health and PE, Appomattox Middle School.

The board reviewed information from the State Department

Continued on Page 2



DON'T MISS IT! 4-WHEEL DRIVE PULLING CONTEST - The Appomattox Young Farmers are sponsoring a 4-Wheel drive pulling contest this Saturday, August 19th, at Nash's Field located one mile East of Appomattox on Route 24.

Starting time is 6:00 p.m. with registration from 3 to 5 p.m. Admission will be $3.00 per person; ages 6 - 10, $1.00; and under 6, free.

Prizes will be awarded in each class - $50, $30, $20, and trophies. For further information, call 352-7148 weekdays until 5:00 p.m. or 352-8639 or 352-8460 after 5 p.m.